



Mononucleosis

What is Mononucleosis?

Mononucleosis or “Mono” is caused by a common virus, and occurs primarily in adolescents and young adults. As many as 95% of U.S. adults have been infected with Mono.

- Spleen or liver enlargement as a result of infection may increase the risk of trauma to these organs while playing contact sports such as football.

How is Mono spread?

Mono is mildly contagious and is usually spread through direct mouth contact. Symptoms from infection with this virus can occur up to six weeks after exposure. Transmission is almost impossible to prevent since the virus is also found frequently in the saliva of healthy people.

Symptoms of Mono:

- Sore throat
- Loss of appetite
- Headaches
- Fever
- Tiredness
- Swollen glands
- Muscle aches
- Skin rash
- Enlarged spleen
- Enlarged liver

How is Mono treated?

Mono is not treated with antibiotics because it is caused by a virus. Occasionally steroids are prescribed to control the swelling of the throat and tonsils. To help speed recovery it is important to get adequate rest, eat a balanced diet, drink at least 8 glasses of water/juice a day, and limit physical activity, especially contact sports. Symptoms usually resolve within 1-2 months.

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How can Mono be prevented?

- Mono is spread through saliva—which brings truth to the nickname the “kissing disease.”
- Avoid all oral contact including kissing and drinking from or using the same utensils as individuals who have the symptoms of mono.
- Always remember to use general good hygiene measures including hand washing.

Source: www.cdc.gov

CDC Public Information

English 1-888-246-2675

Espanol 1-888-246-2857

TTY 1-888-874-2646

Are there serious complications from Mono?

- Heart problems or involvement of the nervous system occur only rarely, and mono is almost never fatal.
- There are no known risks to an unborn baby of a mother who is infected.